The Progress Book

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THE Progress Book

AN ILLUSTRATED REGISTER *of* DEVELOPMENT *from* BIRTH TILL COMING OF AGE AND AFTER

BY

J. J. PILLEY, Ph.D.

REVISED AND ENLARGED EDITION.

Specially printed for

MELLIN'S FOOD, LIMITED.

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1913

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PREFACE.

THE PROGRESS BOOK is intended as a simple guide for registering the more interesting facts relating to early infancy, and later as a record of physical, mental, and spiritual growth and development.

The book is designed as a suitable present to those expecting to become parents, as well as to all others having the care of young children. I would suggest that separate copies be provided for the registration of the particulars regarding each child, and that the work remain in the charge of the parents or guardians, who should regularly, for many years, record the particulars, until such a time, in fact, as the offspring is of the age and understanding to appreciate its importance and the value of the records.

The register would always be of considerable interest. If carefully kept it should prove of great service to the medical adviser, and invaluable alike to parent and child.

The first edition of "The Progress Book" proved so successful that I have revised and extended the work, largely as a result of suggestions received from those who are using it. The initial form of the work has, however, been as far as possible preserved, for the sake of maintaining uniformity with the first edition now in use.

I hope that in its extended form it will prove even more useful than the earlier edition.

J.P.

MELLIN'S FOOD is rich in tissue building, blood forming, and bone producing compounds.

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MELLIN'S FOOD promotes healthy growth, full development, and a vigorous constitution.

INTRODUCTION.

A FEW suggestions regarding the mode of employing this work may prove useful. The Progress Book, whilst primarily designed for the use of parents for the tabulation of facts of interest and value regarding their offspring, should also serve as a guide to those who have passed beyond the early stages of life and are no longer under parental care, for the purpose of recording therein the more valuable facts of their life history.

The outline records have been so arranged that no difficulty should be experienced in completing them, and where charts are given for the registration of weights and heights, full directions are appended in order to render easy the task of filling in the same.

Beyond the registration of those simple facts which are most obviously of general interest, there are other records which are really of higher value and more difficult in most cases to enter, often requiring long continued

observation and some expenditure of thought, in many cases even some little training, in order to express them shortly and accurately. This second group of facts will be registered under the heads provided for "External Peculiarities." Here should be recorded bodily marks, shape of ears, nose, mouth and contour of face, limbs and such other superficial characteristics as are likely to repeat themselves in families.

Special notes on the eyesight and other senses, derived either from direct personal observation or from medical examination and reports, will also constitute nformation of the highest value in building up the life history record.

Hereditary peculiarities should include references to temperament, constitution and mental characteristics,* in fact, just those peculiarities of habit and of personal history which are most markedly derived from ancestors and which are consequently of interest. It is common knowledge that while predispositions and susceptibilities to certain external causes begin to exhibit themselves quite early as simple likes and dislikes, such characteristics become more or less marked at different periods of life. Intellectual and æsthetic proclivities should be carefully recorded.

---

* *"Some of the best illustrations of functional hereditiy are furnished by the mental characteristics of the human race.—Herbert Spencer, P. Biol. 82.*

By the introduction of a section devoted to medical history it is hoped to provide a means by which the various indispositions popularly known as "Children's Ailments" may be permanently fixed, both in their pathological character and chronological sequence.

Too much importance can hardly be attached to the value of a correct "Health Sheet" of the first septennial period. Almost all of the children's disorders, which, but a few years ago, were regarded as inevitable and of only slight significance, are now known to be capable of exerting a profound influence upon the after development of the individual.

It is not suggested that a complete clinical history should be attempted, but that a brief and accurate record should be preserved of the more important data which should prove of great service to the practitioner in the treatment of the adult patient.

For the purpose of recording observations beyond the twenty-first year it is suggested that a book with blank pages be provided, for when page 89 has been faithfully filled up a method will have been evolved for the satisfactory tabulation of further important records.

THE ILLUSTRATED PROGRESS BOOK.

Of.....

the Child of.....

and.....

Who was Born at.....

in the Parish of.....

on the.....day of.....19.....

Paternal Grandparents { .....

.....

Maternal Grandparents { .....

.....

The weakly infant, the object of the mother's care and solicitude,
is rendered strong by MELLIN'S FOOD.

BIRTH RECORDS.

Year ..... Month ..... Day ..... Hour .....

Weight at Birth .....

Length at Birth .....

Chest Measurement .....

Weight at One Month .....

Colour of Eyes at One Week .....

" " One Month .....

Colour and Nature of Hair .....

Nurse's Name .....

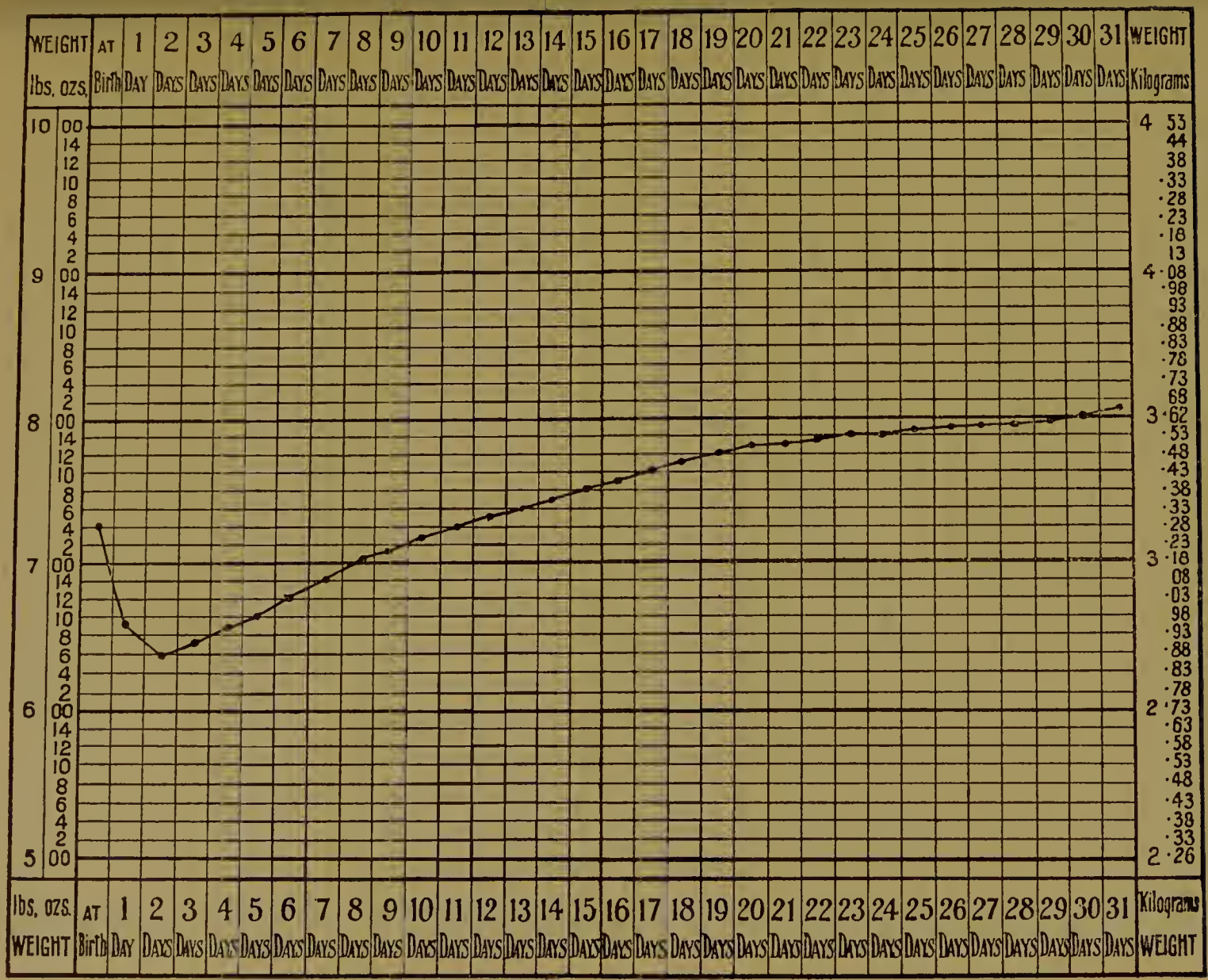
Doctor's Name .....

Special Facts .....

HOW TO MARK THE CHART.

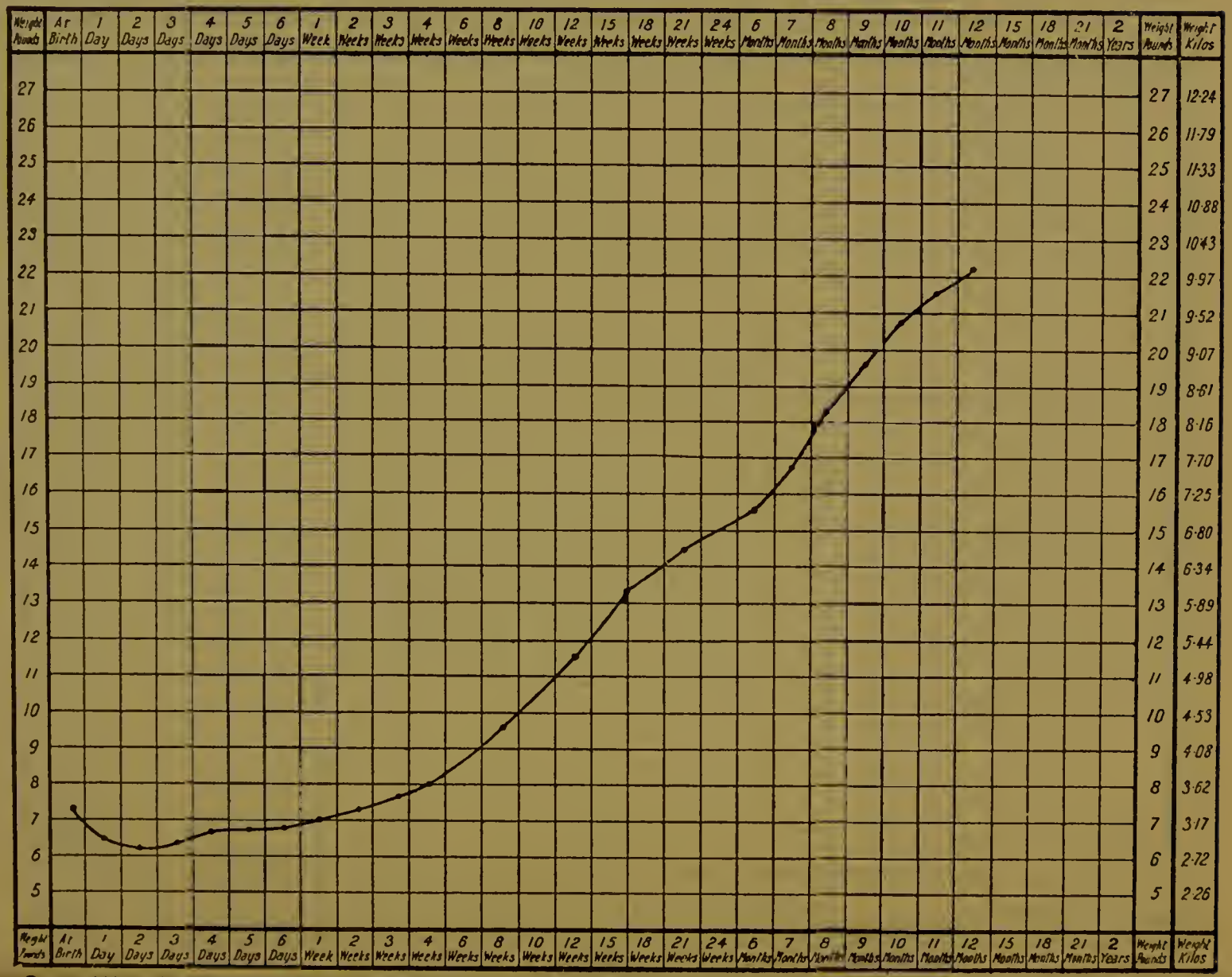
IN order to keep the Chart properly, and thus preserve a record of early progress, baby should be carefully weighed daily during the first month, and thereafter once a week. If weighed when clothed, the weight of the clothes must be deducted. As soon as baby's weight is determined each day, mark the chart with a small red ink dot, in the space immediately under the correct day of birth, and on the horizontal line corresponding to the actual weight found. When the month has expired, connect all the dots previously made upon the Chart by means of a thin red line. If on some days you have omitted to weigh the baby, connect the nearest dots to one another by the shortest line possible, comparing the red ink curves with the black line which indicates normal growth for the first month of life, and thus a good idea of baby's progress may be obtained.

DAILY WEIGHT CHART.



Black Line represents normal course during First Month.

INFANT'S WEIGHT CHART FROM BIRTH TO SECOND YEAR.



Curved Line shows Normal Weight Increase

BIRTH AND BAPTISMAL REGISTER.

Birth Registered on the day of 19

in the Parish of

Name of Registrar

Address

Baptised on the day 19

at

by

God-Parents

Other Witnesses

MELLIN'S FOOD builds up vigorous babies, and reduces the troubles and dangers of childhood.

VACCINATION RECORD.

Date .....

Age at Vaccination .....

Doctor .....

Condition of Arm .....

Progress during Vaccination period :

.....

.....

.....

.....

.....

.....

.....

.....

MELLIN'S FOOD yields a simple, nutritious diet for growing children.

EARLY PROGRESS.

First Birthday Notes .....

.....

First Stood Alone .....

First Word ..... Date .....

First Sentence ..... } Date .....

.....

Favourite Expression .....

First Tune ..... Date .....

Funny Sayings .....

.....

.....

.....

.....

.....

.....

MELLIN'S FOOD is satisfying and comforting, allaying irritability during the trying period of teething.

DEVELOPMENT OF TEETH.

Notes on Condition of Health during Cutting .....

.....

.....

Date of Appearance of First Tooth

Lower Central Incisors .....

Upper Central Incisors .....

First Molar .....

Canines .....

Back Molars .....

Date First Milk Tooth Shed

Date of Appearance of First Tooth of Second Set .....

Dentist .....

.....

Remarks .....

MELLIN'S FOOD makes weakly babies strong, ensures strong babies a sound and healthy physique,

PROGRESS END OF FIRST YEAR.

Weight : .....lbs.....oz. Height :.....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... / Lower.....

Character of Skin.....

,, Complexion .....

,, Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing .....

,, Smell.....

,, Taste .....

,, Touch .....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD minimises the troubles and reduces the dangers of infantile ailments.

HEALTH RECORDS.

Health at Birth .....

Health during First Month .....

Ailments	Date of first Symptoms	Duration.

Accidents :

Date.	Particulars.

MEDICAL HISTORY.

CAREFULLY record here every indisposition lasting more than 3 days, and particularly any illness of a contagious nature. The record should comprise :—Nature of Illness, Date of Onset, Symptoms noted prior to Illness, Treated at Home or Institution, Course of Sickness, Date of Recovery, any Permanent Change in Physique or General Health dating from recovery, Medical Attendant.

Such information may be of the highest value to the medical adviser at a subsequent stage of life.

MEDICAL HISTORY.

Healthy development is conducive to mental vigour.
MELLIN'S FOOD promotes healthy growth.

MENTAL PROGRESS.

1. Age at which able to Read .....

2. First Poem learnt by heart .....

3. Started Piano .....

   ,, Violin .....

   ,, Other Musical Instrument .....

4. Started French .....

   ,, German .....

   ,, Latin .....

5. Notes on mental progress .....

.....

.....

.....

.....

.....

MELLIN'S FOOD is adapted for children of all ages.

EDUCATIONAL RECORD.

Started School Lessons .....

First School ..... Teacher .....

Second School ..... Teacher .....

Third School ..... Teacher .....

PROGRESS.

Entered Class ..... date ..... Class ..... date .....

,, Class ..... date ..... Class ..... date .....

,, Class ..... date ..... Class ..... date .....

EXAMINATIONS PASSED.

Date ..... Date .....

Date ..... Date .....

PRIZES GAINED.

.....

.....

.....

.....

.....

MELLIN'S FOOD builds up a sound constitution.

RELIGIOUS PROGRESS.

First Prayer .....

.....

.....

.....

.....

First Visit to Church .....

.....

First Attendance at Religious Instruction .....

.....

Name of Teacher .....

Other Subjects of Interest .....

.....

.....

.....

.....

Three generations of healthy children attest the firm foundation laid by MELLIN'S FOOD.

RECREATIONS AND AMUSEMENTS.

MELLIN'S FOOD proves equally valuable in all climates.

HOLIDAY RECORDS.

In each case state Date, Duration, Where Spent, and Chief Amusements.

MELLIN'S FOOD is the most sustaining concentrated food.

RECORDS OF INTERESTING EVENTS.

MELLIN'S FOOD may be with ease adapted to suit the weak and ailing babe.

ANNUAL AUTOGRAPH REGISTER.

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

.....date .....

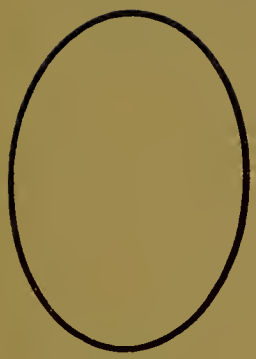
.....date .....

FINGER PRINTS.

OST identification marks become modified during life, or they fade and are ultimately entirely obliterated with advancing age, but unlike these, the distinctive patterned arrangement of the lines of the skin of the finger tips, constitute a permanent characteristic peculiar to and indicative of each individual, which persists from early infancy throughout life. The pattern can be readily reproduced as a finger print, and as such, forms the most permanent and ready means of fixing identity, even when every other mark fails. For this reason the practice of recording a finger print is strongly recommended. It will be found of interest to take the prints at different ages, in order to record the growth of the finger-tip, while the relationship of the various lines and serrations remain the same throughout life.

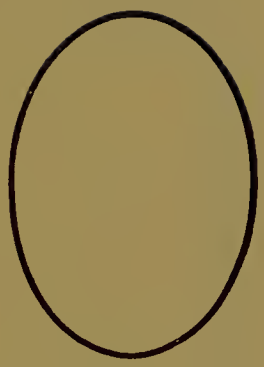
HOW TO TAKE A FINGER PRINT. Procure a tube of moist sepia colour; squeeze a very small drop on to the bottom of a plate or saucer; add one drop of water and work the whole up into a smooth paste, not too thin. Lay the outside of the right-hand forefinger on this, and gently turn the finger-tip over to the inside; this do in order to spread an even layer of the paint upon the ball of the finger. With the finger as an ink-pad, make a print upon the paper in the space indicated. Proceed exactly as in inking, by gently rolling the finger from left to right.

FINGER PRINTS.

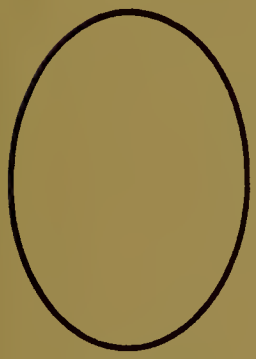


Mother.

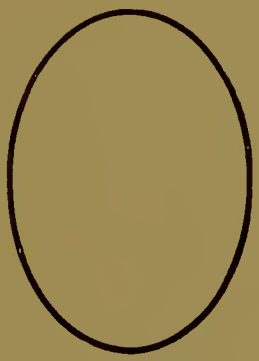
Specimen Finger Print.



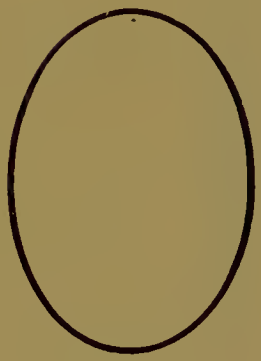
Father.



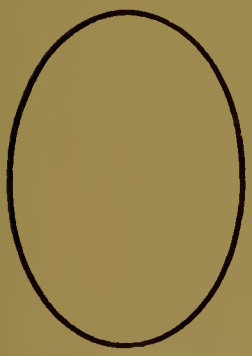
1st Year.



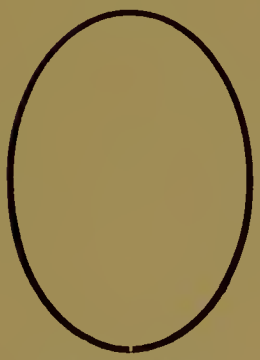
2nd Year.



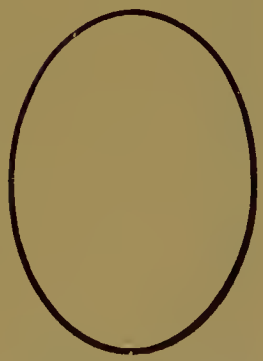
5th Year.



14th Year.



21st Year.



30th Year.

PHYSICAL PROGRESS (1st to 21st YEAR).

Age Last Birthday.	Weight.			Height.		Chest Measurement.
	st.	lbs.	ozs.	ft.	ins.	inches.
1 Year						
2 ,,						
3 ,,						
4 ,,						
5 ,,						
6 ,,						
7 ,,						
8 ,,						
9 ,,						
10 ,,						
11 ,,						
12 ,,						
13 ,,						
14 ,,						
15 ,,						
16 ,,						
17 ,,						
18 ,,						
19 ,,						
20 ,,						
21 ,,						

For average Weights and Heights see page 90.

PHYSICAL PROGRESS (22nd to 42nd YEAR).

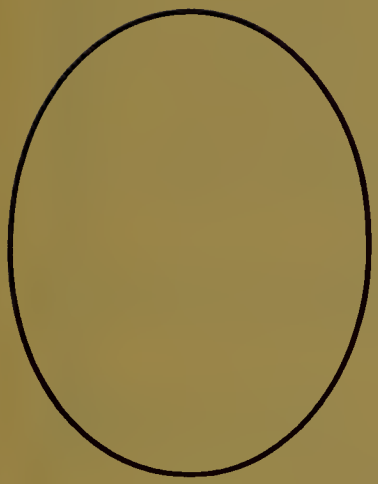
Age Last Birthday.	Weight.			Height.		Chest Measurement.
	st.	lbs.	ozs.	ft.	ins.	inches.
22 Years						
23 ,,						
24 ,,						
25 ,,						
26 ,,						
27 ,,						
28 ,,						
29 ,,						
30 ,,						
31 ,,						
32 ,,						
33 ,,						
34 ,,						
35 ,,						
36 ,,						
37 ,,						
38 ,,						
39 ,,						
40 ,,						
41 ,,						
42 ,,						

PHYSICAL PROGRESS (43rd to 63rd YEAR).

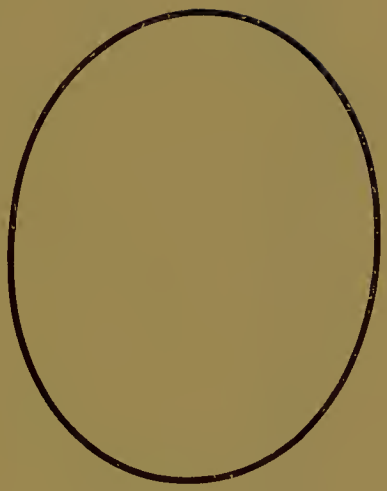
Age Last Birthday.	Weight.			Height.		Chest Measurement.
	st.	lbs.	ozs.	ft.	ins.	inches.
43 Years						
44 ,,						
45 ,,						
46 ,,						
47 ,,						
48 ,,						
49 ,,						
50 ,,						
51 ,,						
52 ,,						
53 ,,						
54 ,,						
55 ,,						
56 ,,						
57 ,,						
58 ,,						
59 ,,						
60 ,,						
61 ,,						
62 ,,						
63 ,,						

ILLUSTRATED PROGRESS.

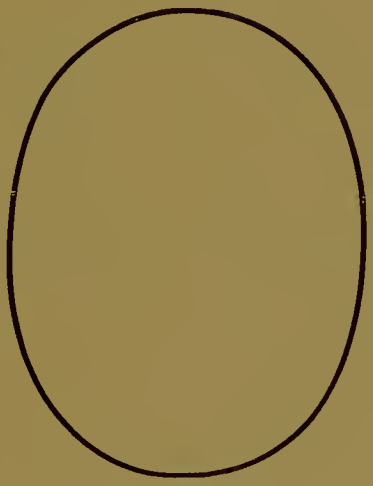
FIRST YEAR.



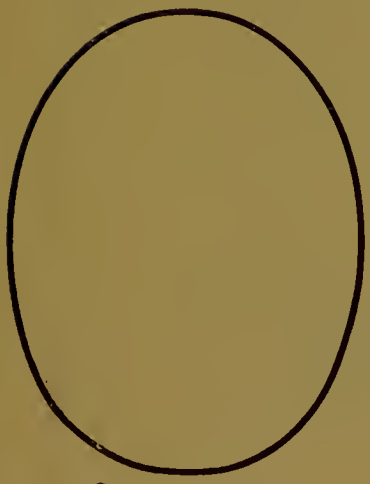
1 Month.



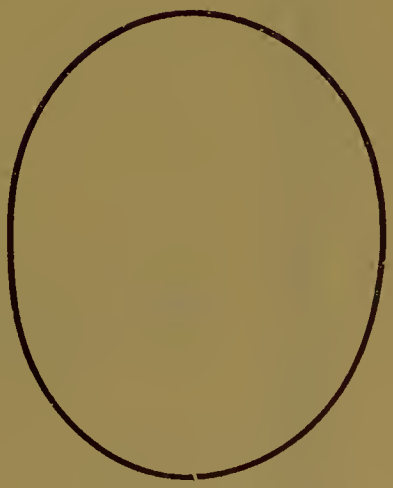
3 Months.



6 Months.



9 Months.



12 Months.

MELLIN'S FOOD retains its properties, any length of time, in all climates.

Photograph at 2nd year.

PROGRESS. END OF SECOND YEAR.

Weight : .....st'ns. lbs. ... oz. Height : ...feet..... inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... Lower.....

Character of Skin .....

" Complexion.....

" Finger Nails .....

Other external peculiarities .....

.....

Notes on Eyesight.....

" Hearing.....

" Smell.....

" Taste .....

" Touch .....

Hereditary peculiarities .....

.....

MELLIN'S FOOD is a real nutrient for daily use and not a medicine.

Photograph at 3rd year.

PROGRESS. END OF THIRD YEAR.

Weight : .....st'ns. .....lbs. .....oz. Height : .....feet .....inches.

Colour of Eyes .....

Colour and Character of Hair .....

Number and Character of Teeth { Upper ..... / Lower .....

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities .....

.....

Notes on Eyesight .....

,, Hearing .....

,, Smell .....

,, Taste .....

,, Touch .....

Hereditary peculiarities .....

.....

.....

Correct feeding is a sure foundation for a healthy constitution.
MELLIN'S FOOD is correct.

Photograph at 4th year.

PROGRESS. END OF FOURTH YEAR.

Weight : .....st'ns. lbs. oz. Height : .....feet..... .....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper ..... Lower .....

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing .....

,, Smell.....

,, Taste .....

,, Touch .....

Hereditary peculiarities

.....

.....

MELLIN'S FOOD simply dissolved in water and milk is ready for use.

Photograph at 5th year.

PROGRESS. END OF FIFTH YEAR.

Weight : .....st'ns. ..... lbs.....oz. Height :.....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... / Lower.....

Character of Skin.....

,, Complexion.....

,, Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing.....

,, Smell.....

,, Taste.....

,, Touch.....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD is of the highest value as an evening meal for growing children.

Photograph at 6th year.

PROGRESS. END OF SIXTH YEAR.

Weight : ...st'ns. ...lbs. ...oz. Height : ...feet... ...inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... Lower .....

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing .....

,, Smell .....

,, Taste

,, Touch

Hereditary peculiarities

.....

MELLIN'S FOOD with fresh cow's milk contains all the materials required for perfect nutrition.

Photograph at 7th year.

PROGRESS. END OF SEVENTH YEAR.

Weight : .....st'ns. lbs. ..... oz. Height : ..... feet..... inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... / Lower.....

Character of Skin.....

„ Complexion.....

„ Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

„ Hearing.....

„ Smell.....

„ Taste.....

„ Touch .....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD requires no cooking.

Photograph at 8th year.

PROGRESS. END OF EIGHTH YEAR.

Weight : st'ns. lbs. oz. Height : feet inches.

Colour of Eyes

Colour and Character of Hair

Number and Character of Teeth { Upper / Lower

Character of Skin

" Complexion

" Finger Nails

Other external peculiarities

Notes on Eyesight

" Hearing

" Smell

" Taste

" Touch

Hereditary peculiarities

MELLIN'S FOOD is well borne by the weakened stomach after illness.

Photograph at 9th year.

PROGRESS. END OF NINTH YEAR.

Weight : .....st'ns. .....lbs. .....oz. Height : .....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair .....

Number and Character of Teeth { Upper ..... / Lower .....

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities .....

.....

Notes on Eyesight .....

,, Hearing .....

,, Smell .....

,, Taste .....

,, Touch .....

Hereditary peculiarities .....

.....

.....

MELLIN'S FOOD is not only well borne by the enfeebled stomach, but will rapidly give tone to the digestive organs.

Photograph at 10th year.

PROGRESS. END OF TENTH YEAR.

Weight : .....st'ns. ..... lbs. ..... oz. Height : .....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... Lower.....

Character of Skin.....

,, Complexion.....

,, Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing .....

,, Smell .....

,, Taste .....

,, Touch.....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD contains no starch.

Photograph at 11th year.

PROGRESS. END OF ELEVENTH YEAR.

Weight : ....st'ns. ....lbs. ....oz. Height : .....feet .....inches.

Colour of Eyes .....

Colour and Character of Hair .....

Number and Character of Teeth { Upper ..... / Lower .....

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities .....

.....

Notes on Eyesight .....

,, Hearing .....

,, Smell .....

,, Taste .....

,, Touch .....

Hereditary peculiarities .....

.....

MELLIN'S FOOD aids the digestion of cow's milk.

Photograph at 12th year.

PROGRESS. END OF TWELFTH YEAR.

Weight : .....st'ns. .....lbs. .....oz. Height : .....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... Lower.....

Character of Skin.....

,, Complexion.....

,, Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing.....

,, Smell.....

,, Taste.....

,, Touch.....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD contains all the substance required for rapid nutrition.

Photograph at 13th year.

PROGRESS. END OF THIRTEENTH YEAR.

Weight : ....st'ns. lbs. oz. Height : .....feet ..... inches.

Colour of Eyes .....

Colour and Character of Hair .....

Number and Character of Teeth { Upper ..... Lower .....

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities .....

.....

Notes on Eyesight .....

,, Hearing .....

,, Smell .....

,, Taste .....

,, Touch .....

Hereditary peculiarities .....

.....

.....

MELLIN'S FOOD is adapted for use from birth.

Photograph at 14th year.

PROGRESS. END OF FOURTEENTH YEAR.

Weight : ....st'ns. ....lbs. ....oz. Height : ....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... / Lower .....

Character of Skin.....

,, Complexion.....

,, Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing .....

,, Smell.....

,, Taste.....

,, Touch.....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD modifies cow's milk.

Photograph at 15th year.

PROGRESS. END OF FIFTEENTH YEAR.

Weight : ....st'ns. lbs. ..... oz. Height : ...feet ....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... Lower .....

Character of Skin.....

,, Complexion .....

,, Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing.....

,, Smell.....

,, Taste.....

,, Touch .....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD is highly palatable as well as nutritious.

Photograph at 16th year.

PROGRESS. END OF SIXTEENTH YEAR.

Weight : ....st'ns. ....lbs. ....oz. Height :.....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... / Lower.....

Character of Skin.....

" Complexion.....

" Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

" Hearing.....

" Smell.....

" Taste.....

" Touch.....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD yield a light nutritious diet for the student.

Photograph at 17th year.

PROGRESS. END OF SEVENTEENTH YEAR.

Weight : .....st'ns. .....lbs. .....oz. Height : .....feet .....inches.

Colour of Eyes .....

Colour and Character of Hair .....

Number and Character of Teeth { Upper ..... / Lower ..... }

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities .....

.....

Notes on Eyesight .....

,, Hearing .....

,, Smell .....

,, Taste .....

,, Touch .....

Hereditary peculiarities .....

.....

.....

MELLIN'S FOOD is valuable in all climates.

Photograph at 18th year.

PROGRESS. END OF EIGHTEENTH YEAR.

Weight : .....st'ns. .....lbs. .....oz. Height : .....feet.....inches.

Colour of Eyes.....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... Lower.....

Character of Skin.....

,, Complexion.....

,, Finger Nails.....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing.....

,, Smell.....

,, Taste.....

,, Touch.....

Hereditary peculiarities.....

.....

.....

MELLIN'S FOOD BISCUITS are concentrated nourishment.

Photograph at 19th year.

PROGRESS. END OF NINETEENTH YEAR.

Weight : .....st'ns. ....lbs.....oz. Height :.....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... / Lower.....

Character of Skin .....

,, Complexion .....

,, Finger Nails .....

Other external peculiarities.....

.....

Notes on Eyesight.....

,, Hearing .....

,, Smell.....

,, Taste .....

,, Touch .....

Hereditary peculiarities .....

.....

.....

MELLIN'S FOOD is easily adapted for use throughout life.

Photograph at 20th year

PROGRESS. END OF TWENTIETH YEAR.

Weight : .....st'ns. .....lbs. .....oz. Height : .....feet .....inches.

Colour of Eyes .....

Colour and Character of Hair .....

Number and Character of Teeth { Upper .....
Lower .....

Character of Skin .....

" Complexion .....

" Finger Nails .....

Other external peculiarities .....

.....

Notes on Eyesight .....

" Hearing .....

" Smell .....

" Taste .....

" Touch .....

Hereditary peculiarities .....

.....

.....

MELLIN'S FOOD is invaluable for the sick, the aged, and in all diseases of children.

Photograph at 21st year.

PROGRESS. END OF TWENTY-FIRST YEAR.

Weight : .....st'ns. ..... lbs. .....oz. Height : .....feet.....inches.

Colour of Eyes .....

Colour and Character of Hair.....

Number and Character of Teeth { Upper..... / Lower .....

Character of Skin .....

" Complexion.....

" Finger Nails .....

Other external peculiarities.....

.....

Notes on Eyesight.....

" Hearing .....

" Smell.....

" Taste .....

" Touch .....

Hereditary peculiarities .....

.....

.....

AVERAGE WEIGHTS AND HEIGHTS.

Normal Males.

Age Last Birthday.	Weight.			Increase.		Height.		Increase.
	St'ns.	lbs.	ozs.	lbs.	ozs.	ft.	ins.	ins.
1 Year	1	8	0	0	0	2	3	0
2 ,,	2	4	8	10	8	2	9	6
3 ,,	2	6	0	1	8	3	1	4
4 ,,	2	9	5	3	5	3	2½	1½
5 ,,	2	11	14	2	9	3	5	2½
6 ,,	3	2	6	4	8	3	8	3
7 ,,	3	7	11	5	5	3	10	2
8 ,,	3	12	14	5	3	3	11	1
9 ,,	4	4	6	5	8	4	2	3
10 ,,	4	11	8	7	2	4	4	2
11 ,,	5	2	0	4	8	4	5½	1½
12 ,,	5	6	11	4	11	4	7	1½
13 ,,	5	12	9	5	14	4	9	2
14 ,,	6	8	0	9	7	4	11	2
15 ,,	7	4	11	10	11	5	2¼	3¼
16 ,,	8	7	0	16	5	5	4¼	2
17 ,,	9	4	14	11	14	5	6¼	2
18 ,,	9	11	6	6	8	5	7	¾
19 ,,	9	13	9	2	3	5	7¼	¼
20 ,,	10	3	4	3	11	5	7½	¼
21 ,,	10	5	3	1	15	5	7½	—

AVERAGE WEIGHTS AND HEIGHTS.

Normal Females.

Age Last Birthday.	Weight.			Increase.		Height.		Increase.
	St'ns.	lbs.	ozs.	lbs.	ozs.	ft.	ins.	ins.
1 Year	1	6	0	0	0	2	1	0
2 ,,	1	11	4	5	3	2	3½	2½
3 ,,	2	3	9	6	5	2	8½	5
4 ,,	2	8	1	4	8	3	0	3½
5 ,,	2	11	3	3	2	3	2	2
6 ,,	2	13	11	2	8	3	4½	2½
7 ,,	3	5	8	5	13	3	7	2½
8 ,,	3	10	1	4	9	3	8½	1½
9 ,,	3	13	8	3	7	3	11	2½
10 ,,	4	6	0	6	8	4	1	2
11 ,,	4	12	0	6	0	4	5	4
12 ,,	5	6	6	8	6	4	7½	2½
13 ,,	6	3	3	10	13	4	9¾	2¼
14 ,,	6	12	11	9	8	4	11¾	2
15 ,,	7	8	4	9	9	5	1	1¼
16 ,,	8	1	0	6	12	5	1¾	¾
17 ,,	8	3	8	2	8	5	2½	¾
18 ,,	8	9	0	5	8	5	2½	—
19 ,,	8	10	13	1	13	5	2¾	¼
20 ,,	8	10	13	0	0	5	3	—
21 ,,	8	11	6	0	9	5	3	—

AVERAGE WEIGHTS AND HEIGHTS.

Normal Males.

Age Last Birthday.	Weight.			Increase.		Height.		Increase.
	St'ns.	lbs.	ozs.	lbs.	ozs.	ft..	ins.	ins.
22 Years	10	6	14	1	11	5	7½	—
23 ,,	10	7	13	—	15	5	7¾	¼
24 ,,	10	8	—	—	3	5	7¾	—
25-30 ,,	10	12	4	4	4	5	7¾	—
30-35 ,,	11	5	13	7	9	5	8	¼
35-40 ,,	11	10	4	4	7	5	8	—
40-50 ,,	11	10	4	—	—	5	8	—
50-60 ,,	11	12	—	1	12	5	8	—
60-70 ,,	12	—	—	2	—	5	7½	Loss ½
70 ,,	13	—	—	14	—	5	7½	—

Females.

Age Last Birthday.	Weight.			Increase		Height.		Increase.
	St'ns.	lbs.	ozs-	lbs.	ozs.	ft.	ins.	ins.
22 Years	8	11	6	—	—	5	3	—
23 ,,	8	12	—	—	10	5	3	—
24 ,,	8	12	—	—	—	5	3	—
25-30 ,,	,,	,,	—	—	—	,,	,,	—
30-35 ,,	,,	,,	—	—	—	,,	,,	—
35-40 ,,	,,	,,	—	—	—	,,	,,	—
40-50 ,,	,,	,,	—	—	—	,,	,,	—
50-60 ,,	,,	,,	—	—	—	,,	,,	—
60-70 ,,	,,	,,	—	—	—	,,	,,	—
70 ,,	,,	,,	—	—	—	,,	,,	—

FIRST EDITION OF PROGRESS BOOK.

A Few Press Notices.

THE DAILY CHRONICLE.—"The happy idea of bringing out 'The Progress Book,' an attractively got-up register for noting the development of a child from birth until its coming of age, rests with the proprietors of Mellin's Food. Comprising, as it gradually does, all noteworthy characteristics, both physical and mental, 'The Progress Book' may really be considered in the light of a slowly growing biography and will be a source of continued interest to parents during this period, as well as a charming souvenir in later years."

LADIES' FIELD.—"What numbers of us have censured—silently or otherwise—the memories of parents who 'cannot for their life recall' the—to us—important facts of our early childhood! . . . Now, the next generation need never be at the mercy of a mere memory, for such a cleverly arranged book ('The Progress Book') has just been published as will render easy a permanent record."

LADY.—"A dainty little volume, in a cover of cream and gold, that will delight the heart of every mother, has recently been published, under the title of 'The Progress Book.' . . . A book of this kind, carefully filled in and illustrated with photographs, will always be a most interesting volume to parents, and should prove useful to any doctor who may be consulted as to the child's health."

THE NURSING TIMES.—"Every interesting incident in a child's life is provided for, and the final pages are prepared for the reception of photographs of baby from a month old to the coming of age. 'The Progress Book' is quite suitable for a gift to the mother of a new baby, and should certainly be much appreciated by such a one."

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WOMAN AT HOME.—"'The Progress Book' would constitute a perfect record of the development of a child from birth till coming of age. The after value of such a book as a physical record would be enormous, apart from its interest in the home circle."

THE LADY'S PICTORIAL.—"'The Progress Book' is a great novelty, including printed forms for filling up the records of birth, health, holidays, mental and physical progress, and all the other points of interest which arise during the growing-up period."

THE CHURCH FAMILY NEWSPAPER.—"Mothers will be interested to see a charming white-bound booklet entitled 'The Progress Book,' which is designed to register the progress of a child, physically, mentally, and spiritually from birth to adolescence."

DAILY SKETCH.—"Very dainty and well-thought-out is 'The Progress Book.'"

THE

CARE OF INFANTS

A MANUAL FOR THE CARE AND FEEDING OF INFANTS FROM BIRTH TO THE AGE OF 2 YEARS

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LONDON — MARLBORO' WORKS, — S.E.

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PRESS NOTICES

OF

"THE CARE OF INFANTS."

DAILY NEWS.—"Most useful little booklet on 'The Care of Infants,' just issued by Messrs. Mellin, deals fully and exhaustively with the care and feeding of infants under two years old· A *vade mecum* as regards every branch of nursery management."

DAILY CHRONICLE.—" 'The Care of Infants' is the title of a useful little book which has just been issued for the guidance of mothers in bringing up strong, robust and healthy children."

LADY'S PICTORIAL.—"In the 'Care of Infants' will be found the clearest instructions for the bringing up of the child by hand, viz., as to the quantity of food that should be given during the different periods of a child's life."

BLACK AND WHITE.—" 'The Care of Infants' is an admirable little volume issued by Mellin's Food, Ltd. This invaluable little book deals with the care and feeding of infants from birth to the age of two years, and should be in the hands of every mother."

LADY'S PICTORIAL.—"Messrs. Mellin's Food, Ltd., have published a book 'The Care of Infants,' which every young mother should possess, to guide her in the way to rear her child."

THE LADY.—"The many pitfalls attendant on the rearing of a baby by hand are discussed in lucid fashion in 'The Care of Infants," a practical handbook dealing with the care and feeding of infants from birth to the age of two, which is issued by Mellin's Food, Ltd."

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MELLIN'S FOOD is adapted for the use of infants from birth upwards. When mixed with fresh cow's milk, it produces a diet corresponding in composition exactly with Breast Milk, and of equal value as a body builder.

MELLIN'S LACTO is prepared from Mellin's Food and fresh rich cow's milk. This preparation, when employed for infants, is intended for use where fresh milk is unobtainable; it has only to be mixed with warm water. LACTO yields a palatable and nutritious diet for adults as well as for infants.

MELLIN'S FOOD BISCUITS are a solid food, easy of digestion; recommended for children after weaning, and for those who require a readily assimilable nutrient at any period of life.

MELLIN'S FOOD CHOCOLATE is a palatable, highly nutritious form of chocolate, containing 30 per cent. of Mellin's Food blended with carefully selected cocoa. This is for children and adults, and is at once both an agreeable sweetmeat and a really valuable food. Mixed with boiling water, it yields a delicious sustaining beverage, relished by the young and old alike.

MELLIN'S FEEDING BOTTLE, the perfect hygienic feeder. Simple, strong and safe to use at all times.

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